

Food Allergy & Dietary Guide

Restaurant menu • Customer information • September 2026

IMPORTANT: Please tell a member of staff about any food allergy or intolerance before ordering. Our food is prepared in a kitchen that handles the 14 major allergens. We take allergies seriously, but cross-contact cannot be completely excluded.

Gluten-free pizza bases are available, but pizzas are prepared where wheat flour is handled. Shared-fryer items may also be exposed to wheat. Temporary specials may have different allergens - please ask staff.

ANTIPASTI

Dish	Contains	Dietary / customer notes
Marinated Olives	None	Vegan • Vegetarian
Zuppa del Giorno	Varies	Please ask staff
Arancini di Riso	Wheat, Milk, Egg	Vegetarian
Antipasto Platter	Wheat, Milk	Ciabatta / bread included
Carpaccio di Manzo al Tartufo	Milk	—
Bufala e Parma	Milk	—
Melanzane alla Parmigiana	Milk	Vegetarian
Calamari Fritti with Tartare Sauce	Wheat, Fish, Molluscs, Egg, Mustard	—
Bruschetta - Tomato	Wheat	Vegan • Vegetarian
Bruschetta - Roasted Peppers	Wheat	Vegan • Vegetarian
Bruschetta - Parma & Gorgonzola	Wheat, Milk	—
Bruschetta - Salami & Mozzarella	Wheat, Milk	—
Pizza Garlic Bread	Wheat	Vegan
Pizza Garlic Bread with Tomato	Wheat	Vegan
Pizza Garlic Bread with Mozzarella	Wheat, Milk	Vegetarian
Ciabatta with Balsamic	Wheat, Sulphites	Vegan
Al Fresco	Wheat, Milk, Sulphites	Vegetarian

PASTA

Dish	Contains	Dietary / customer notes
Spaghetti Napoletana	Wheat	Vegan
Penne Arrabbiata	Wheat	Vegan
Spaghetti Bolognese	Wheat, Celery, Milk, Sulphites	—
Polpette	Wheat, Egg, Milk	—
Fusilli Amatriciana	Wheat, Sulphites	—
Tagliatelle Carbonara	Wheat, Egg, Milk	—
Farfalle Primavera	Wheat	Vegetarian
Tagliatelle al Pollo	Wheat, Milk	—
Linguine al Pesto	Wheat, Milk	Contains pine nuts*
Lasagne al Forno	Wheat, Milk, Celery, Sulphites	—
Ravioli Ricotta e Spinaci	Wheat, Milk, Egg	Vegetarian
Spaghetti Mare	Wheat, Fish, Molluscs, Sulphites	—
Linguine Crab	Wheat, Crustaceans, Sulphites	—

RISOTTO

Dish	Contains	Dietary / customer notes
Risotto Primavera	Milk, Celery, Sulphites	Vegetarian
Risotto Porcini	Milk, Celery, Sulphites	Vegetarian
Risotto Pancetta	Milk, Celery, Sulphites	—
Risotto Frutti di Mare	Milk, Celery, Crustaceans, Molluscs, Sulphites	—

SALADS

Dish	Contains	Dietary / customer notes
Pappa Ciccia House Salad	Milk, Sulphites	Parmesan; balsamic served on the side
Insalata Italiana	Milk, Sulphites	Buffalo mozzarella; balsamic served on the side
Insalata di Rucola	Sulphites	Balsamic served on the side
Insalata di Pollo con Pesto	Milk	Pesto contains Parmesan + pine nuts*
Insalata di Pollo	Sulphites	Balsamic served on the side
Insalata Mista	Sulphites	Balsamic served on the side
Insalata Verde	Sulphites	Balsamic served on the side

MAIN COURSES

Dish	Contains	Dietary / customer notes
Pollo alla Milanese	Wheat, Egg	—
Gamberi Ricetta Tino	Crustaceans, Sulphites	—
Tagliata di Manzo	Milk	Butter used
Seasonal Vegetables	Milk	Cooked with butter; dressed with olive oil
Skinny Fries	No intentional allergen ingredients confirmed	Shared fryer with breaded items containing wheat

PIZZAS		
Dish	Contains	Dietary / customer notes
Margherita	Wheat, Milk	Vegetarian
Bufalina	Wheat, Milk	Vegetarian
Pepperoni	Wheat, Milk	—
Doppio Pepperoni	Wheat, Milk	—
Tino's Pizza	Wheat, Milk	—
Piccante	Wheat, Milk	—
Pappa Ciccia Special	Wheat, Milk, Egg	—
Napoletana	Wheat, Milk, Fish	Anchovies
Quattro Formaggi	Wheat, Milk	Vegetarian
La Ruchetta	Wheat, Milk	Vegetarian
Quattro Stagioni	Wheat, Milk	—
Pastore	Wheat, Milk	—
Al Crudo	Wheat, Milk	—
Il Contadino	Wheat, Milk	Vegetarian
Rustica	Wheat, Milk	—
Mezza Luna	Wheat, Milk	—
Fiorentina	Wheat, Milk, Egg	Vegetarian
Hawaiian	Wheat, Milk	—
Primavera	Wheat, Milk	Vegetarian; pesto contains pine nuts*
Completa	Wheat, Milk, Egg	—
Bavaria	Wheat, Milk	Fries cooked in a shared fryer with wheat-containing breaded items
Campagnola	Wheat, Milk, Sulphites	—
Frutti di Mare	Wheat, Crustaceans, Molluscs	No mozzarella
Al Tonno	Wheat, Milk, Fish	—
Vegan Margherita	Wheat	Vegan
Vegan Special	Wheat	Vegan

DESSERTS

Dish	Contains	Dietary / customer notes
Affogato	Milk	Vegetarian
Torta della Nonna	Wheat, Milk, Egg	Contains pine nuts*
Tartufo Nero	Please ask staff	Supplier allergen information may vary
Profiteroles	Wheat, Milk, Egg	Vegetarian
Tiramisu	Wheat, Milk, Egg	Contains alcohol
Lemon Cheesecake	Wheat, Milk, Egg, Pistachio	Vegetarian
Nutella Cheesecake	Wheat, Milk, Egg, Hazelnut	Vegetarian
Chocolate Brownie	Milk, Egg	Made without gluten-containing ingredients; prepared in a shared kitchen
Gelati	Varies by flavour	Please ask staff for current supplier allergen information

CHILDREN'S MENU

Dish	Contains	Dietary / customer notes
Kids Margherita Pizza	Wheat, Milk	Gluten-free base available; cross-contact cannot be excluded
Kids Polpette	Wheat, Egg, Milk	—
Kids Penne with Tomato Sauce	Wheat	Vegetarian
Bocconcini di Pollo	Wheat, Egg	Shared fryer cross-contact applies

* Pine nuts are listed for customer awareness. They are not one of the 14 regulated UK “nuts” allergens.

If in doubt, please ask a member of the Pappa Ciccía team before ordering.